

Mission In Motion

Health & Wellness Weekly Bulletin
September 2012—Cholesterol



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Get the scoop on cholesterol

Here's a quick guide to understanding cholesterol information on food labels:

- Cholesterol free – less than two milligrams of cholesterol and two grams or less of saturated fat
- Low cholesterol – 20 or fewer milligrams of cholesterol and two grams or less of saturated fat
- Reduced cholesterol – at least 25 percent less cholesterol than the regular product and two grams or less of saturated fat

Source: American Heart Association

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